

Cycle B		PE Curriculum Year 1/2					
	Term One	Term Two	Term Three	Term Four	Term Five	Term Six	
<b>Overview Summary</b>	Personal skills	Social Skills	Cognitive Skills	Creative skills	Physical skills	Health and fitness	
<b>NC Coverage</b>	<ul style="list-style-type: none"> <li>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</li> <li>Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</li> <li>participate in team games, developing simple tactics for attacking and defending</li> <li>perform dances using simple movement patterns.</li> </ul>						
<b>Vocabulary</b>	Side step Gallop Hop Skip Hop-skotch Pivot Opposite Fluency Control Zig-Zag Balance Squat Extension Uneven	Jump Forwards Backwards Side to Side Turn Quarter Half Tuck Freeze Landing Direction Balance Swap Opposite Place	Balance Forwards Fluidly Backwards Wobble Heel to Toe Lunge Opposite Stance Beam Force Alternate Catch	Control Roll Sit Stand Upper Body Lower Body Waist Alternate Direction Figure of 8 Criss-Cross Balance Lean Together Apart Opposite	Collect Rebound Bounce Strike Kick Throw Alternate Sending Receiving Opposite Distance React Catch Shoulder Across	Roll Collect Chase Balanced Partner Opposite Seated Lying Bouncing Sideways Balance Front-support	
<b>Cog Knowledge covered over Unit</b>	<ul style="list-style-type: none"> <li>Know how to follow instructions.</li> <li>Know how to practise safely</li> <li>Know how to work on simple tasks by myself</li> <li>Know when to ask for help</li> <li>Know how to challenge myself</li> <li>Know where I am with my learning</li> </ul>	<ul style="list-style-type: none"> <li>Know how to work sensibly with others.</li> <li>Know how to share</li> <li>Know how to help and praise others</li> <li>Know how to show patience</li> </ul> <p>Know how to show and tell others about my ideas</p>	<ul style="list-style-type: none"> <li>Know how to follow simple rules</li> <li>Know how to name things I am good at</li> <li>Know how to explain why someone is performing well</li> <li>Know how to recognise similarities and differences in performance</li> <li>Know how to identify areas for improvement</li> </ul>	<ul style="list-style-type: none"> <li>Know how to explore and describe different movements.</li> <li>Know how to compare my movement and skills with others</li> <li>Know how to respond to a variety of tasks or music</li> <li>Know how to make up my own rules and versions of activities</li> </ul>	<ul style="list-style-type: none"> <li>Know how to perform a single skill or movement with control</li> <li>Know how to link two movements together</li> <li>Know how to perform a range of skills with consistency</li> <li>Know how to perform a sequence of movements with changes in level, direction and speed.</li> </ul>	<ul style="list-style-type: none"> <li>Know that exercise is important and good for health</li> <li>Know how my body feels before, during and after exercise.</li> <li>Know how to use equipment safely.</li> <li>Know why my body changes during and after exercise</li> </ul>	
<b>Real PE Skills</b>	<p><b>Footwork</b></p> <p><b>Yellow</b></p> <ul style="list-style-type: none"> <li>Side-step</li> <li>Gallop</li> <li>Hop</li> </ul> <p><b>Green</b></p> <ul style="list-style-type: none"> <li>Side-step with pivot</li> <li>Side-step with reverse pivot</li> </ul>	<p><b>Jumping and Landing</b></p> <p><b>Yellow</b></p> <ul style="list-style-type: none"> <li>Jump from 2 feet to 2 feet; forwards, backwards and side to side</li> </ul> <p><b>Green</b></p>	<p><b>On a Line</b></p> <p><b>Yellow</b></p> <ul style="list-style-type: none"> <li>Walk forwards and backwards with fluidity and minimum wobble</li> </ul> <p><b>Green</b></p> <ul style="list-style-type: none"> <li>Walk fluidly, forwards and backwards lifting knees up to 90*</li> </ul>	<p><b>Ball Skills</b></p> <p><b>Yellow</b></p> <ul style="list-style-type: none"> <li>Sit and roll a ball along the floor and around my body using 2 hands.</li> <li>Sit and roll a ball along the floor and</li> </ul>	<p><b>Sending and Receiving</b></p> <p><b>Yellow</b></p> <ul style="list-style-type: none"> <li>Roll a large ball and collect the rebound.</li> <li>Roll a small ball and collect the rebound.</li> <li>Throw a large ball and catch the rebound with 2 hands.</li> </ul>	<p><b>Ball Chasing</b></p> <p><b>Yellow</b></p> <ul style="list-style-type: none"> <li>Roll a ball, chase and collect it in a balanced position facing the opposite direction.</li> <li>Chase a ball rolled by a partner and</li> </ul>	

- Skipping
- Hop-skotch forwards
- Hop-skotch backward

**Red**

- Hop-skotch forwards and backwards with alternate leg
- 3 step zig-zag pattern
- 3 step zig-zag pattern backwards
- Movements with speed

**Blue**

- 3 step pattern with knee raise
- 3 step pattern with foot raise behind

**One Leg Balance**

**Yellow**

- Stand still for 10 seconds on both feet

**Green**

- Complete 5 mini squats
- Stand still for 30 seconds

**Red**

- Stand still for 30 seconds on both legs with eyes closed
- 5 squats on both legs
- 5 ankle extensions

**Blue**

- Stand still on uneven surface for 30 seconds
- Stand still on uneven surface for 30 seconds with eyes closed
- 10 squats into ankle extensions
- 5 squats with eyes closed

Jump from 2 feet to 2 feet with a quarter turn in both directions

- Stand on a line and jump from 2 feet to one foot and freeze on landing (both feet)

**Red**

- Jump from 2 feet to 2 feet with a 180\* turn in either direction
- Tuck Jump
- Tuck jump with 180\* turn in either direction

**Blue**

- Jump 2 feet to 2 feet, forwards, backwards and side to side
- Hop forwards, backwards and side to side; freezing on landing
- Jump from one foot to the other forwards and backwards; freezing on landing
- Hop sideways, raising knee and freezing on landing
- Jump from one foot to the other, sideways; raising knee and freeing on landing.

**Seated**

**Yellow**

- Balance with one hand and two feet touching the floor
- Balance with one foot and 2 hands touching the floor
- Balance with 1 hand and one foot on the floor
- Balance with one hand or foot touching the floor
- Balance with no hands or feet touching the floor

- Walk fluidly, forwards and backwards, lifting heels to bottom

**Red**

- March forwards and backwards lifting knees and elbows to 90\*
- Walk forwards and backwards with a heel to toe landing
- Walk fluidly forwards and backwards, lifting heel to bottom using a heel to toe landing.

**Blue**

- Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and with a heel to toe landing.
- Lunge forwards with a heel to toe landing
- Walk forwards, bringing opposite elbow up at 90\*.
- Complete all red challenges with eyes closed

**Stance**

**Yellow**

- Stand on a line with a good stance for 10 seconds

**Green**

- Stand on a low beam with a good stance for 10 seconds

**Red**

- Maintain balance while receiving a small force from various angles
- Maintain balance while raising alternate feet 5 times
- Maintain balance while raising alternate knees 5 times

around my body using 1 hand (right and left)

- Sit and roll a ball down to my toes and back up then around my upper body using 2 hands.
- Stand and roll a ball down to my toes and back up and then around my upper body using 2 hands

**Green**

- Sit and roll a ball up and down my legs and round my upper body using 1 hand.
- Stand and roll a ball up and down my legs and round my upper body using 1 hand.

**Red**

- Stand with my legs apart and move a ball around one leg 16 times (right and left leg).
- Move a ball round my waist 17 times.
- Stand with my legs apart and move a ball around alternate legs 16 times.

**Blue**

- Stand with my legs apart and move a ball in a figure of 8 around both legs 12 times.
- Move a ball around my waist into a figure of 8 around both legs 10 times.
- Move a ball around my waist and then around alternate legs 12 times.
- Stand with my legs apart, hold the ball between them with 1

**Green**

- Throw a tennis ball and catch it with the same hand after 1 bounce.
- Throw a tennis ball and catch it with the same hand without a bounce.
- Throw a tennis ball and catch it with the other hand after 1 bounce.
- Throw a tennis ball and catch it with the other hand without a bounce.
- Strike a large, soft ball along the ground with my hand 5 times in a rally.

**Red**

- Strike a ball with alternate hands in a rally.
- Kick a ball with the same foot.
- Kick a ball with alternate feet.
- Roll 2 balls alternately using both hands, sending 1 as the other is returning.

**Blue**

- Alternately throw and catch 2 tennis balls against a wall.
- Throw 2 tennis balls against a wall and catch them with the opposite hand (cross-over).
- Throw 2 tennis balls against a wall in a circuit, in both directions.

**Reaction/Response**

**Yellow**

- React and catch a large ball dropped

collect it in a balanced position facing the opposite direction.

**Green**

- Starting in a seated/lying position, I can throw a bouncing ball, chase and collect it in a balanced position facing the opposite direction.
- Starting in a seated/lying position, I can chase a bouncing ball fed by a partner and collect it in a balanced position facing the opposite direction.

**Red**

- Chase a large rolled ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction.
- Chase a large bouncing ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction.
- Complete the above challenges using a tennis ball.

**Blue**

- Roll and chase a large ball, stopping it with my knee sideways onto the ball (long barrier position) facing the opposite direction.
- Do the above challenge with a tennis ball.



**Green**

- Pick up a cone from one side, swap hands and place it on the other side.
- Return the cone to the opposite side

**Red**

- Pick up a cone from one side, place it on the other side with the same hand and return it with the other hand
- Sit in a dish shape with straight arms and legs and hold it for 5 seconds

**Blue**

Reach and pick up a cone  
1/2's distance away, swap  
hands and place it on the other  
side using both hands  
and a V-shape with straight  
arms and legs for 10 seconds

- Maintain balance while catching a ball at my chest and throwing it back

**Blue**

- Raise alternate knees to opposite elbows 5 times
- Catch a large ball thrown at knee height and above my head (floor and beam)
- Catch a large ball thrown away from my body.
- Catch a small ball thrown close to and away from my body (floor and beam)

hand round the front and the other round the back and swap hand positions 24 times ('criss-cross'), initially with a bounce and then without a bounce.

**With a Partner**

**Yellow**

- Sit holding hands with toes touching, lean in together then apart.
- Sit holding 1 hand with toes touching, lean in together then apart.
- Sit holding hands with toes touching and rock forwards, backwards and side-to-side.

**Green**

- Hold on and, with a long base, lean back, hold our balance and move back together again.
- Hold on with 1 hand and, with a long base, lean back, hold our balance and move back together again.

**Red**

- Hold and, with a short base, lean back, hold our balance and then move back together.
- Hold on with 1 hand and, with a short base, lean back, hold our balance and then move back together.
- Perform both short base challenges with eyes closed.

**Blue**

- stand on 1 leg holding with 1 hand, lean back, hold balance

from shoulder height after 2 bounces.

- React and catch a large ball dropped from shoulder height after 1 bounce.

**Green**

- React quickly and catch a tennis ball dropped from shoulder height after 1 bounce.

**Red**

- React quickly and catch a tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.

**Blue**

- react and step across my body, bring my hand across my body and catch a tennis ball after 1 bounce.

- Roll and chase a large ball, stopping it with my head in a front support position facing the opposite direction.

**Floor Work**

**Yellow**

- Hold a mini-front support position.
- Reach round and point to the ceiling with either hand in a mini-front support.

**Green**

- Place a cone on my back and take it off with the other hand in a mini-front support.
- Hold a mini-back support position.
- Place a cone on my tummy and take it off with the other hand in a mini-back support.

**Red**

- Hold a full front support position.
- Lift 1 arm and point to the ceiling with either hand in a front support.
- Transfer a cone on and off my back in a front support.

**Blue**

- Transfer a tennis ball on and off my back in a front support.
- Transfer a cone on and off my tummy in a back support.
- Transfer a tennis ball on and off my tummy in a back support.

- and then move back together.
- stand on 1 leg while holding on to my partner's opposite leg.